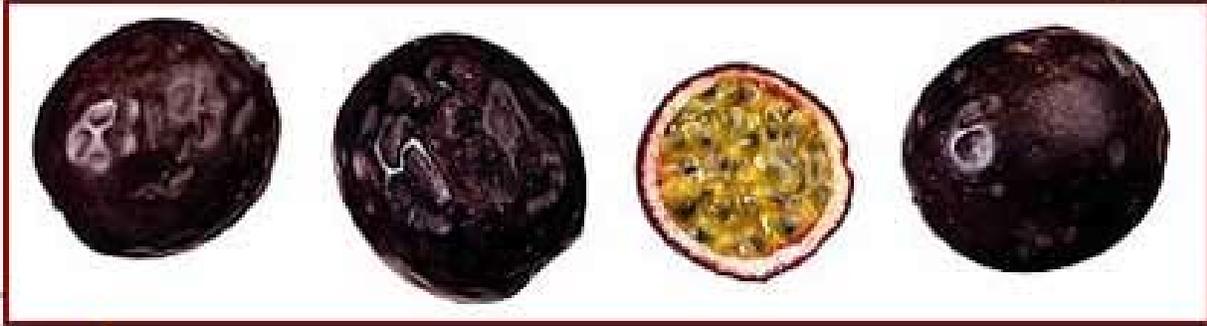


Fruit of the Month

Passion Fruit



Nutrition Facts

Serving Size (144g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 10**
% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 15g	60%
Sugars 19g	

Protein 3g

Vitamin A 20% • Vitamin C 70%
Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

An egg-shaped tropical fruit that is also called a purple granadilla, the passion fruit has a brittle, wrinkled purple-brown rind enclosing flesh-covered seeds, something like a pomegranate (granadilla means "little pomegranate" in Spanish). The seeds are edible so you can eat the orange pulp straight from the shell. Passion fruit is more commonly sieved and its highly aromatic pulp and juice are used as a flavoring for beverages and sauces. The pulp has an intense aromatic flavor, while the texture is jelly-like and watery. The flavor is likened to guava.

Native to Brazil, passion fruits are grown in Hawaii, Florida, and California. These crops, along with imports from New Zealand, keep passion fruit on the market all year.

Nutritional Information

Passion fruit is a good source of vitamins A and C, as well as potassium and iron. One passion fruit has only 16 calories. When eaten with the seeds, a serving is an excellent source of fiber.

Selection

Choose large, heavy, firm fruit. When ripe, it has wrinkled, dimpled, deep purple skin. Skin is old-looking, but does not mean the fruit is rotten. Mold does not affect quality and can be wiped off. Fruit color is green when they are immature, changing to shades of purple, red or yellow as they ripen. Leave at room temperature to ripen. The skin will wrinkle, but the fruit will not soften much. Once ripe, store in the refrigerator up to 1 week.

Preparation

Passion Fruit is generally eaten fresh but may be cooked for use in sauces and fillings. Begin by cutting the fruit in half and scooping out the fleshy pulp with a spoon. Spoon the pulp over ice cream or other soft fruits. The pulp makes a delicious jam or jelly and the seeds add a unique crunchy texture. To remove seeds: Strain in a non-aluminum sieve, or use cheesecloth, squeezing to extract the juice.

Varieties

New Zealand Passion Fruit is purple while the Hawaiian variety is yellow.

Purple Form

Black Knight

Developed in Massachusetts. This variety is fragrant with a dark purple-black fruit, the size and shape of large egg and excellent flavor.

Edgehill

Originated in Vista, Calif. Similar to Black Knight, but more vigorous. It has a longer growing period and produces a larger purple fruit. One of the best outdoor cultivars for Southern California.

Frederick

Originated in Lincoln Acres, Calif. This variety is a large, nearly oval fruit, greenish-purple with reddish cast, slightly tart flavor, good for eating out of hand, and excellent for juicing.

Kahuna

This variety is very large with a medium purple color in the fruit. It has a sweet, tart flavor that is good for juicing.

Paul Ecke

Originated in Encinitas, Calif., It is a medium-sized purple fruit of very good quality that is suitable for juicing and eating out of hand.

Purple Giant

This is a very large variety of fruit and is dark purple when mature.

Red Rover

Originated in Lincoln Acres, Calif. This variety is medium to large, roundish, with a rind in an attractive clear red color. This variety has a sweet, notably rich flavor with tart overtones. It is good for eating out of hand or juicing.

Yellow Form

Brazilian Golden

Large, golden-yellow fruits, larger than standard forms, the flavor is somewhat tart. It has an extremely vigorous vine, requiring cross-pollination. This variety has extra large, fragrant flowers, white with a dark center that blooms during mid-summer. Produces one large crop beginning in late August or early September

Golden Giant

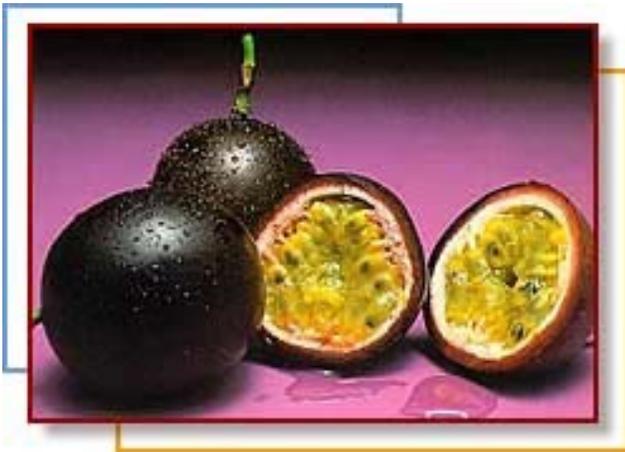
A large yellow-fruited cultivar that originated in Australia.

Make Passion Fruit Part of Your 5 A Day Plan



- Spoon this fruit over low-fat yogurt to make a colorful treat.
- Add passion fruit to mixed green salads or fruit salads for a new taste.
- Top chicken, fish, or pork with a spoonful of passion fruit for a change.

Recipes



Baked Plantains with Passion Fruit

Makes 5 servings

Each serving equals one 5 A Day serving

5 small ripe plantains (or bananas),
peeled and sliced

1 Tbsp unsalted butter, melted

juice of 3 passion fruits

$\frac{1}{4}$ cup honey

Juice and zest of one Florida lime

$\frac{1}{2}$ tsp nutmeg

Peel, slice and arrange ripe plantains (bananas) in a glass pie pan or baking dish. Sprinkle top with the remaining ingredients. Bake at 350 degrees for 30 minutes.

Nutritional analysis per serving: calories 295, protein 3g, fat 2g, percent calories from fat 6%, cholesterol 4mg, carbohydrates 73g, fiber 5g, sodium 11mg

Passion Fruit Smoothie

Makes 4 servings

Each serving equals three 5 A Day servings

8 small scoops of low-fat frozen yogurt

4 passion fruits

4 peaches, sliced

16 oz strawberries, fresh or frozen



Puree half of the strawberries. Scoop out the passion fruit pulp and add to the strawberry puree. Place the remaining strawberries and sliced peaches into 4 serving cups (leave a few for decoration). Add two scoops of yogurt to each cup, and top off with the remaining fruits. Pour the strawberry puree over the sundae and serve.

Nutritional analysis per serving: calories 234, protein 8g, fat 1g, percent calories from fat 2%, cholesterol 3mg, carbohydrates 52g, fiber 6g, sodium 51mg

Orange Passion Fruit Freeze

Makes 2 servings

Each serving equals two 5 A Day servings

2 cups citrus flavor sorbet

Juice of 4 passion fruits

$\frac{1}{2}$ cup orange juice

$\frac{1}{4}$ cup skim milk

Place the sorbet, juices and milk in a blender and blend on high for 15 seconds or until all of the sorbet is smooth. Pour into a glass and serve immediately.

Nutritional analysis per serving: calories 258, protein 3g, fat 0g, percent calories from fat 1%, cholesterol 0mg, carbohydrates 63g, fiber 4g, sodium 42mg

Passion Fruit Cup

Makes 2 servings

Each serving equals three 5 A day servings

Source: Produce for Better Health

2 passion fruits

1 Tbsp honey

lime juice

1 large kiwi, peeled and sliced

1 banana, sliced

1 cup red grapes seedless, cut in half

Cut the top from each passion fruit and scoop out the pulp. In a bowl, combine passion fruit with honey and lime juice to taste. Combine other fruits, toss gently and serve.

Nutritional analysis per serving: calories 152, protein 2g, fat 1g, percent calories from fat 5%, cholesterol 0mg, carbohydrates 39g, fiber 5g, sodium 10mg

